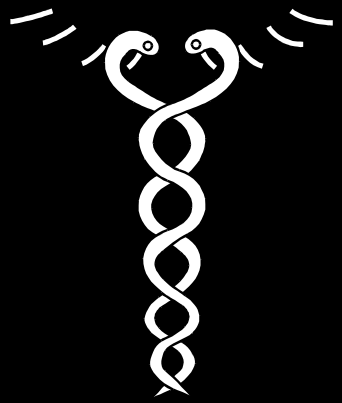

Rapid Trauma Intervention

By Mark Lessard, PhD

850-452-8674

Introduction

- The goal of this class is to familiarize people with the effects of trauma and interventions to minimize its long-term consequences.

Traumatic Stress

- Exposure to a crisis
- Turning Point
- Sudden
- Unexpected
- Dangerous
- Immediacy
- Unusual

Crises/personal

- Rape
- Assault
- Auto Accident
- Burglary

Crises/group

- Natural Disasters
- Plane Crashes
- Terrorism
- Operational Deaths

Victims

- Primary
- Secondary
- Tertiary

Crises/Professional

- Firefighters
- Police
- Paramedics
- Physicians
- Witnesses

Stress Response

- Environmental Stimulus
- Cognitive Interpretation
- Affective Integration
- Psychobiological Response

Effects of Stress/Cognitive

- Confusion
- Poor Concentration
- Impaired ability to make decisions
- Memory

Effects/Physical

- Diaphoresis
- Dizziness
- Increased Heart Rate
- Elevated Blood Pressure
- Headaches
- Gastrointestinal Upset

Effects /Emotional

- Shock/Numbing
- Anger
- Grief/Sadness
- Helplessness

Effects/Behavioral

- CHANGE
- Appetite
- Sleep
- Hygiene
- Social

Acute Stress Disorder

- Exposure to Trauma
- Dissociation
- Re-experiencing
- Avoidance
- Hyperarousal
- Two days-- four weeks

Posttraumatic Stress Disorder

- Exposure
- Re-experiencing
- Avoidance
- Hyperarousal
- Greater than one month

Who Will Be Most Affected?

- Personal Factors:
- Neurologic Predisposition
- Background
- Internal Locus of Control

- Traumatic Factors:
- Duration
- Intensity

Intervention/Prevention

- Education/ Stress Management
- Trauma Immunization
- Standard Processing With Peers

Intervention/On Scene/SAFE-R

- Stimulation Reduction
- Acknowledgment of Crisis
- Facilitation of Understanding
- Encourage Effective Coping
- Restoration of Independent Functioning

Intervention/Debriefing

- Introduction
- Fact
- Thought
- Reactions
- Symptom
- Teaching
- Re-entry

Intervention/Defusing

- Abbreviated version of the debriefing
- Introduction
- Exploration
- Information

Intervention/Demobilization

- For Massive, ongoing, operations
- Information regarding effects of stress and referral possibilities
- Hot-line

Mechanism of Action

- “Trauma Membrane”
- Structuring the event
- Group Support
- Stress Education

A Case Example

- Cerritos
- Total Killed 82
- Survivors 0
- Homes 16
- Civilians 15
- Res Pers 300
- Body Parts 10000

- San Diego
- Total Killed 125
- Survivors 0
- Homes 16
- Civilians 15
- Res Pers 300
- Body parts 10000

A Case Example

- Cerritos
- 12 Debriefings
- Many Demobilizations
- Hot-line
- Follow-up
- San Diego
- Sporadic on-scene intervention

A Case Example

- Cerritos
- One Loss
- Increase in MH 01%

- San Diego
- Loss of Police 5
- Loss of Fire 7
- Loss of Paras 17
- Increase in MH 31%

SPRINT

- Special Psychiatric Rapid Intervention Team
- Official Sites: San Diego, Portsmouth, Bethesda, Oakland
- West Coast 619-532-8551
- East Coast 757-953-5281
- BUMED CODE-311

What to do

- Acknowledge the Problem
- Assess Magnitude, personal, group
- Assess Local Assets/ Chaplains etc...
- Sell to command
- QUICKLY, organize CISD with local assets or Activate Sprint
- Follow-up